

Maitake (*Grifola frondosa*)

Location: This herb is located in northeastern Japan.

Description: The herb is a mushroom that can be consumed.

Properties: This herb is used to aid the body in resisting infection and adapting to stressful situations.

Uses: Maitake can be used to cure Chronic fatigue syndrome (CFS), Lyme disease, HIV/AIDS and cancer.

Doses: This herb is most commonly used in capsules or tablets. The correct daily dosage is 3 to 7 grams per day.

Warning: If you have multiple sclerosis do not take maitake.

Maitake Mushroom Profile

Also known as

Grifola frondosa, Hen of the Woods, Sheep's Head Mushroom,

Introduction

Maitake is a Japanese mushroom closely related to polyporus used in Traditional Chinese Medicine. The word Maitake is literally translated from Japanese as "dancing mushroom," so named because in ancient times people who found Maitake could exchange it for its weight in silver, leading to their dancing in celebration. Maitake is recognized by its small, overlapping tongue- of fan-shaped caps, usually fused together at the base of a host tree stump or on tree roots.

Constituents

Complex immunostimulant polysaccharides, starch, protein, water.

Parts Used

The whole mushroom.

Typical Preparations

Added to cooking, teas, tinctures, powders, encapsulations.

Summary

Maitake has proven itself to be an effective cancer fighter. In laboratory tests, powdered Maitake increased the activity of three types of immune cells-macrophages, natural killer (NIK) cells, and T cells by 140, 186, and 160 percent, respectively. A Chinese clinical study established that Maitake treatment reduces the recurrence of bladder surgery from 65 to 33 percent. Researchers have found that Maitake, when combined with the standard chemotherapy drug mitomycin (Mutamycin), inhibits the

growth of breast cancer cells, even after metastasis. Maitake also protects the liver. Chinese doctors conducted a controlled trial with thirty-two patients who had chronic hepatitis B. The recovery rate was 72 percent in the Maitake treatment group, compared with 57 percent in the control group. Hepatitis antigens disappeared in more than 40 percent of the Maitake patients, indicating the virus had been purged from the liver. Laboratory studies also show that Maitake protects liver tissue from hepatitis caused by environmental toxins such as carbon tetrachloride and paracetamol. These compounds go through a two-step process in the liver in which they are first activated into toxic forms and then deactivated into harmless forms. Since Maitake helps the liver handle chemical poisons in both steps, it protects this organ against a broad range of potential toxins. Finally, maitake provides nutritional support by enhancing the colon's ability to absorb micronutrients, especially copper and zinc.

Precautions

Studies have shown that Maitake can induce interferon production which may have an effect if you are on a strict interferon prescription. Please consult your practitioner if you are on an interferon prescription.